

# ADVANCED

**Frequency:** Perform each of these routines once a week—the first on Monday and the second on Thursday, for example.

**Technique:** After a warmup, start each exercise with the heaviest weight you can use for the recommended number of repetitions. Be sure to use a spotter.

**Rest:** 2 to 3 minutes between sets

**Progress:** Increase the weights each week.

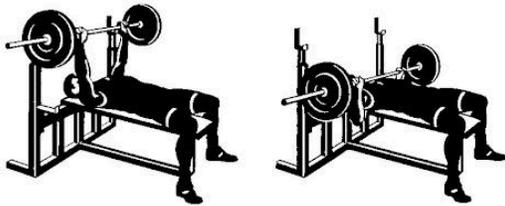
**Overtraining alert:** Skip arm and shoulder exercises altogether while following the Advanced program.

**How long:** Only 3 to 4 weeks. Test your one-repetition maximum at the end of that period.

## WORKOUT 1

### BARBELL FLAT BENCH PRESS

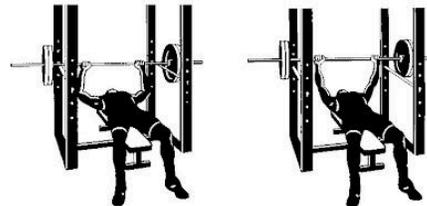
Sets: 4    Repetitions: 6–8



## WORKOUT 2

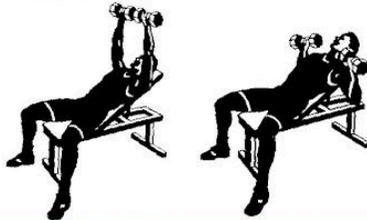
### RACK LOCKOUT PRESS

Sets: 4    Repetitions: 6–8



### DUMBBELL INCLINE PRESS

Sets: 4    Repetitions: 6–8



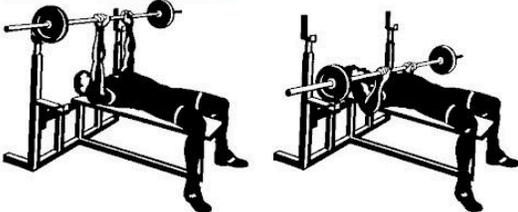
### DUMBBELL DECLINE FLY

Sets: 4    Repetitions: 6–8



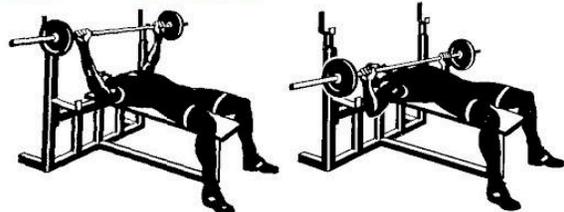
### CLOSE-GRIP BENCH PRESS

Sets: 4    Repetitions: 6–8



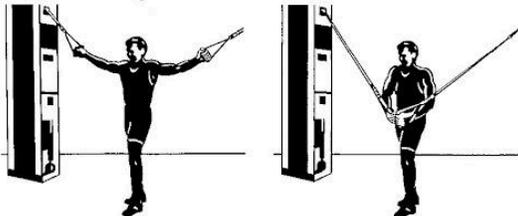
### WIDE-GRIP BENCH PRESS

Sets: 3    Repetitions: 8–10



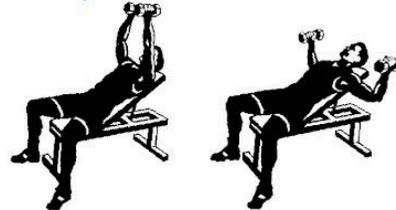
### CABLE CROSSOVER

Sets: 3    Repetitions: 8–10



### DUMBBELL INCLINE FLY

Sets: 3    Repetitions: 8–10



### THREE ESSENTIAL GRIPS

This Advanced program features three different bench-press grip widths. In your **normal grip**, which balances chest and triceps work, your thumbs should be roughly over your shoulders. Olympic barbells have a ring marked where most men will place their index fingers. For the **close-grip press**, which puts more emphasis on the triceps, your hands should be 12 to 18 inches apart, depending on the width of your torso. You want your elbows to descend below your torso when you bring the bar to your chest, just as they would in a standard bench press. On the **wide-grip press**, which works your chest harder, your hands should be 3 to 4 inches farther apart on each side than with your normal grip. ♦